

# Proper Hand Washing

## How To Wash

- Use soap and warm running water
- Wash vigorously for 20 seconds
- Wash all surfaces, including your wrists, backs of hands, between the fingers and finger nails
- Rinse well
- Dry hands with a paper towel
- Use paper towel to turn off water

## When to Wash

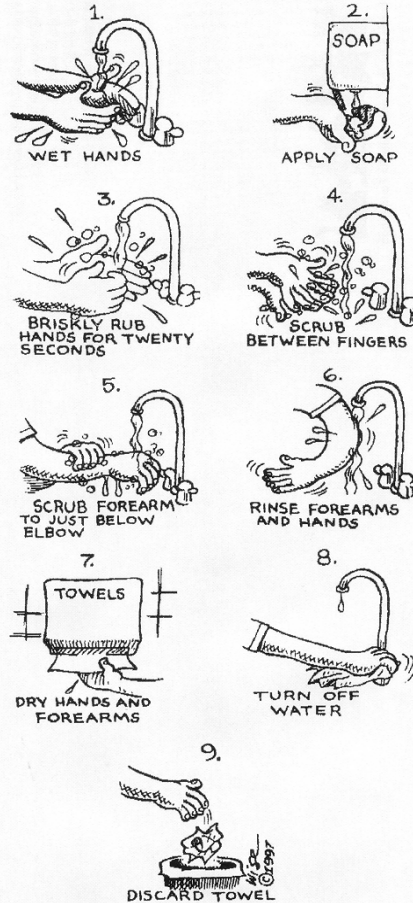
### Hands Should be Washed After:

- Going to the toilet
- Coughing/ sneezing or using a tissue
- Eating, drinking, smoking, or taking a break
- Touching cuts, burns, or infected areas on the skin
- Handling dirty kitchen equipment, utensils, dishes or soiled work surfaces
- Handling raw meat and poultry

### Hands Should be Washed Before:

- Food preparation duties
- Eating or going on a break

## HOW TO WASH



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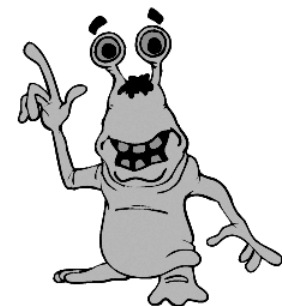
Handout # 26



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**Foodborne Illness is NOT a Menu Item!**

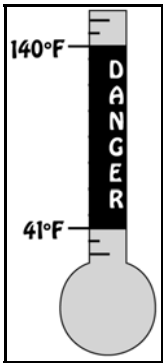
# 10 Food Safety Tips for Group Functions



**Keep a group meal function healthy and happy!**

## Avoid Cross-Contamination

Do not cross-contaminate raw meats, poultry and fish with ready-to-eat foods. Common cross-contaminated items may include cutting boards, cooking utensils and hands.



## Keep Hot Foods Hot and Cold Foods Cold

Keep all poultry, meat, dairy, cooked vegetables and dishes containing these ingredients at the proper temperature. Hot foods should be above 140°F and cold foods should be below 41°F.

## Thermometers

Make sure to keep stem thermometers calibrated and clean before measuring the temperature of foods.

## Cooling

Cool foods quickly—foods need to be cooled from 140°F to 70°F within two hours and from 70°F to 41°F within four more hours.

## Food Handlers

Do not allow sick food handlers to work with food.

Ensure that all food handlers are properly washing their hands and should not touch ready-to-eat foods with their bare hands—use disposable gloves or clean and sanitized utensils instead.



## Reheating

Reheat all food to 165°F within two hours. Make sure to check the temperature.

## Cleaning and Sanitizing

Ensure that all food contact surfaces are washed, rinsed and sanitized. If using a household dishwasher, be sure to not overload it and follow manufacturer's directions.

If manually washing dishes, a simple sanitizing solution in the final rinse water is one ounce of bleach for each three gallons of water. Air dry all dishes that are manually washed, rinsed and sanitized.

## Transported Food and Buffets

All food that is transported or kept on a buffet must be kept hot (140°F or above) or cold (41°F or below).

## Toxic Materials

Keep all toxic materials, such as cleaners, pesticides and medications separate from the food preparation areas.

## Thawing

Thaw foods safely—never thaw on the counter at room temperature. Use the following methods to ensure safe food while thawing:

- Thaw under running water (70°F or below) for less than 2 hours;
- Thaw in refrigerator at 41°F or below;
- Microwave, as part of the cooking process; or
- During the cooking process

